Spicy Tomato Soup

Ingredients

1 onion
1 carrot
1 potato
1 x can chopped tomatoes (400g)
500ml water
1 stock cube
1/2 x 5ml spoon dried chilli flakes
1 x 15ml spoon tomato puree



Equipment

Chopping board, vegetable peeler, knife, can opener, saucepan, measuring spoons, wooden spoon, liquidiser/blender, ladle.



Method

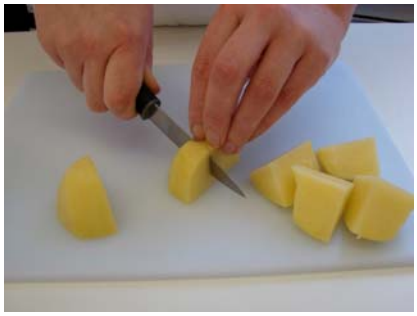
1. Prepare the vegetables:
    - peel and slice the onion;
    - top and tail, peel and slice the carrot;





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- peel and cut the potato into 8.



2. Put all the ingredients into a saucepan.



3. Stir everything together, bring to the boil and then simmer for 20 minutes.



4. Ladle the mixture into the liquidiser and blend until smooth.



5. Serve.



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